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KNOWLEDGE REGARDING FAMILY PLANNING METHODS AND ATTITUDE TOWARDS ACCEPTANCE OF FAMILY PLANNING METHODS AMONG THE ELIGIBLE COUPLES

Nursing

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ABSTRACT

Family planning encompasses the additional considerations of the physical, social, psychological, economic and theological factors that govern the family's attitudes and influence decisions pertaining to the size of the family, the spacing of children and the selection and utilization of a contraceptive method. The aim of the study was to identify the knowledge regarding family planning methods and attitude towards acceptance of family planning methods among the eligible couples. By using non-probability purposive sampling technique 100 eligible couples were selected. Structured knowledge questionnaire and attitude scale was used to assess the knowledge regarding family planning methods and attitude towards acceptance of family planning methods of the eligible couples. The result of the study revealed that, majority of the husbands and wives had average knowledge and majority of the husbands and wives were having favourable attitude towards acceptance of family planning.

KEYWORDS

Eligible couples; knowledge; attitude; family planning methods.

INTRODUCTION

The institution of family is an old as man himself. It is the basic social cell. The need for its discipline has only recently dawned because of changing economic, social and cultural patterns in the world and above all, because of concern of what might be called "quality of life" criteria.[1]

Family planning as, " a way of thinking and living that is adopted voluntarily, upon the basis of knowledge, attitude and responsible decisions by individuals and couples, in order to promote the health and welfare of the family group and thus contribute effectively to the social development of the country." The health impact of family planning occurs through the avoidance of unwanted pregnancies, limiting the number of births and proper spacing, and timing the births, particularly the first and last in relation to the age of the mother.[2]

Family planning is key to slowing unsustainable population growth and the resulting negative impacts on the economy, environment, and national and regional development efforts. Contraceptive use has increased in many parts of the world, especially in Asia and Latin America, but continues to be low in sub-Saharan Africa. Globally, use of modern contraception has risen slightly, from 54% in 1990 to 57.4% in 2015. Regionally, the proportion of women aged 15–49 reporting use of a modern contraceptive method has risen minimally or plateaued between 2008 and 2015. In Africa it went from 23.6% to 28.5%, in Asia it has risen slightly from 60.9% to 61.8%, and in Latin America and the Caribbean it has remained stable at 66.7%[3]

OBJECTIVES OF THE STUDY:

1. To identify the knowledge and attitude regarding family planning methods among the eligible couples.
2.To find out correlation between the knowledge scores regarding family planning methods and attitude scores towards acceptance of family planning methods among the eligible couples .
3.To find an association between knowledge scores regarding family planning methods among eligible couples with their selected socio-demographic variables.
4.To find an association between attitude scores towards acceptance of family planning methods among eligible couples with their selected socio-demographical variables.

HYPOTHESES:

All The Hypothesis Were Tested At 0.05 Level Of Significance.

H_1: There is correlation between knowledge score regarding family planning methods and attitude score towards acceptance of family planning methods among the eligible couples .

H_2: There is an association between knowledge score regarding family planning methods among eligible couples with their selected socio-demographic variables.

H_3: There is an association between the attitude score towards acceptance of family planning methods among eligible couples with their selected socio-demographic variables.

MATERIAL AND METHODS:

Quantitative research approach was and non experimental, Descriptive Correlational research design was chosen to identify knowledge regarding family planning methods and attitude towards acceptance of family planning methods among the eligible couples. The study was conducted at Shiroli and Herle, rural area of Kolhapur district. The setting were chosen randomly by using without replacement lottery method. The sample and sample size were 100 eligible couples. The non-probability, purposive sampling technique was used to select the samples for the present study. The tool was prepared after extensive review of literature and validated by experts in the Nursing. It comprises of three sections, Section I-selected socio demographic variables, Section II- Structured Knowledge Questionnaire on family planning methods and Section III- Attitude scale on acceptance of family planning methods.

The data was collected from 02/03/2020 to 21/03/2020. Before data collection procedure prior permission was obtained from the concerned authorities of respected area. By using Non probability purposive sampling 100 eligible couples who were fulfilling inclusive criteria were selected, written and informed consent was taken.

DATA ANALYSIS:

The data was analyzed and presented under five sections. The first section included findings related to distribution of frequency and percentage of samples according to their socio -demographic variables.

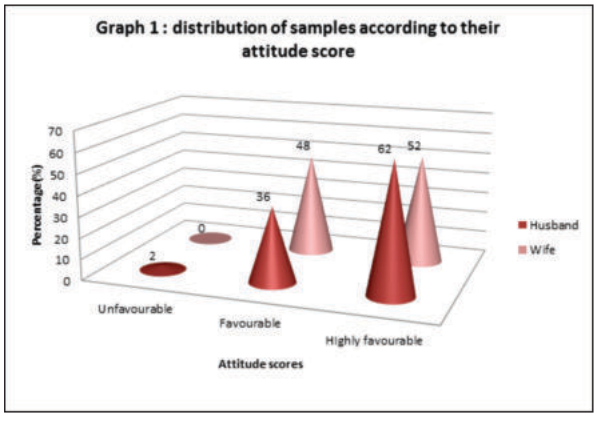
Table 1. Socio-demographic Distribution Of The Variables

Variables	Subcategories	Frequency (n=100)	
		Husband	Wife
Age	18-23	06	19
	24-29	28	35
	30-35	41	37
	36-40	25	09
Education	Primary	07	19
	Secondary	17	23

	Higher secondary	32	40
	Graduate and above	44	18
Occupation	Unemployed	00	74
	Service	40	15
	Farming	22	04
	Business	38	07
Monthly income in rupees	Less than 5000/-	03	70
	5001-10000/-	15	10
	10001-15000/-	42	08
	15001/-and above	40	12
Source of information	Health worker	58	59
	Mass media	26	16
	Family members/friends	16	25
Religion	Hindu	53	
	Muslim	19	
	Christian	15	
	Other	13	
Type of family	Nuclear	41	
	Joint	42	
	Extended	17	
Duration of marriage	Less than 1 yr	19	
	1 to 2 yrs	13	
	2 to 3 yrs	10	
	3 to 4 yrs	07	
	More than 4 yrs	55	

The second section included findings related to assessment of knowledge scores of samples regarding family planning methods. Among husbands, 57(57%) had average knowledge, 13(13%) had poor knowledge and 30(30%) had good knowledge. In wives, 51(51%) had average knowledge and minimum 18(18%) had poor knowledge and 31(31%) had good knowledge.

Findings regarding attitude of samples towards acceptance of family planning methods are presented in third section. The details are depicted in Graph:1



The fourth section of analysis included findings related to correlation between knowledge scores regarding family planning methods and attitude scores towards acceptance of family planning methods. The calculated correlation value of husbands was (t_{cal}=0.618) greater than tabulated value (t_{tab}=0.1512) .The calculated correlation value of wives was (t_{cal}=0.53) greater than tabulated value (t_{tab}=0.1512). This indicated that there was a moderate positive correlation between knowledge and attitude scores.

In the Part A of fifth section, association between knowledge scores of samples with their selected socio-demographic variables was described. The results of the chi square test showed that among husbands there was significant association between knowledge scores and selected socio demographic variables like age in years [χ2 cal= 94.51, χ2tab= 12.59], education [χ2cal= 23.70, χ2tab=12549], religion [χ2cal= 17.06, χ2tab= 12.59], total number of children [χ2cal= 15.05, χ2tab= 12.59]. The calculated Chi-square values were greater than tabulated value at $p < 0.05$ level of significance.

Among wives there was significant association between knowledge scores and selected socio demographic variables like age in years [χ2 cal=13.083 , χ2tab= 12.59], education [χ2cal=17.06 , χ2tab=12.59],source of information [χ2cal= 16.83, χ2tab= 9.49].

In the Part B of fifth section, the data represented was regarding association between attitude scores of samples with their selected socio-demographic variables. Among husbands, there was significant association between knowledge scores and selected socio demographic variables like age in years [χ2 cal=22.95 , χ2tab= 12.59], education [χ2cal=13.86 , χ2tab=12.59], total number of children [χ2 cal=93.93 , χ2tab= 12.59]source of information [χ2cal= 11.19, χ2tab= 9.49]. The calculated Chi-square values were greater than tabulated value at $p < 0.05$ level of significance.

In wives, there was significant association between attitude scores and selected socio demographic variables like monthly income in rupees[χ2 cal=18.81 , χ2tab= 12.59], total number of children [χ2 cal=14.57 , χ2tab= 12.59]. The calculated Chi-square values were greater than tabulated value at $p < 0.05$ level of significance.

Recommendations:

Based on the findings of the study, the following recommendations were made:

1. A similar study on a large group for a longer period of time would be more useful in making broad generalization.
2. Quasi-experimental study can be conducted in two groups; one group as experimental and the other as control could be undertaken to identify the effectiveness of Informational Booklet in more precise way.
3. A comparative study can be conducted to evaluate the effectiveness of two different teaching strategies.

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